



# Arogya Nature Cure

Body has Miraculous Power of Self Healing. We at AROGYA NATURECURE treat our patient through Naturopathy. Our Body made of Pancha Tattva ( Akash (Sky or space), Vayu (Air), Jal (Water), Agni (Fire) and Prithvi (Earth) Mrida) and We cure all the diseases by Naturopathy Therapies, Yoga- Asana-Meditation, Natural Medicine(Homeopath-Ayurveda) which is our ancient Indian System of treatment.

**Call Now 12 X 7**

**+91-97-1777-8537 | 70-1119-8946**

# The Right Time To



# DRINK WATER



Arogya Nature Cure

After Waking Up



1 glass to  
**Cleanse your organs**

Before a meal



1 glass to dilute your  
**digestive juices**

Before a shower



1 glass to lower your  
**blood pressure**

Before going to bed



1 glass to keep  
**yourself hydrated**



**Arogya Nature Cure**



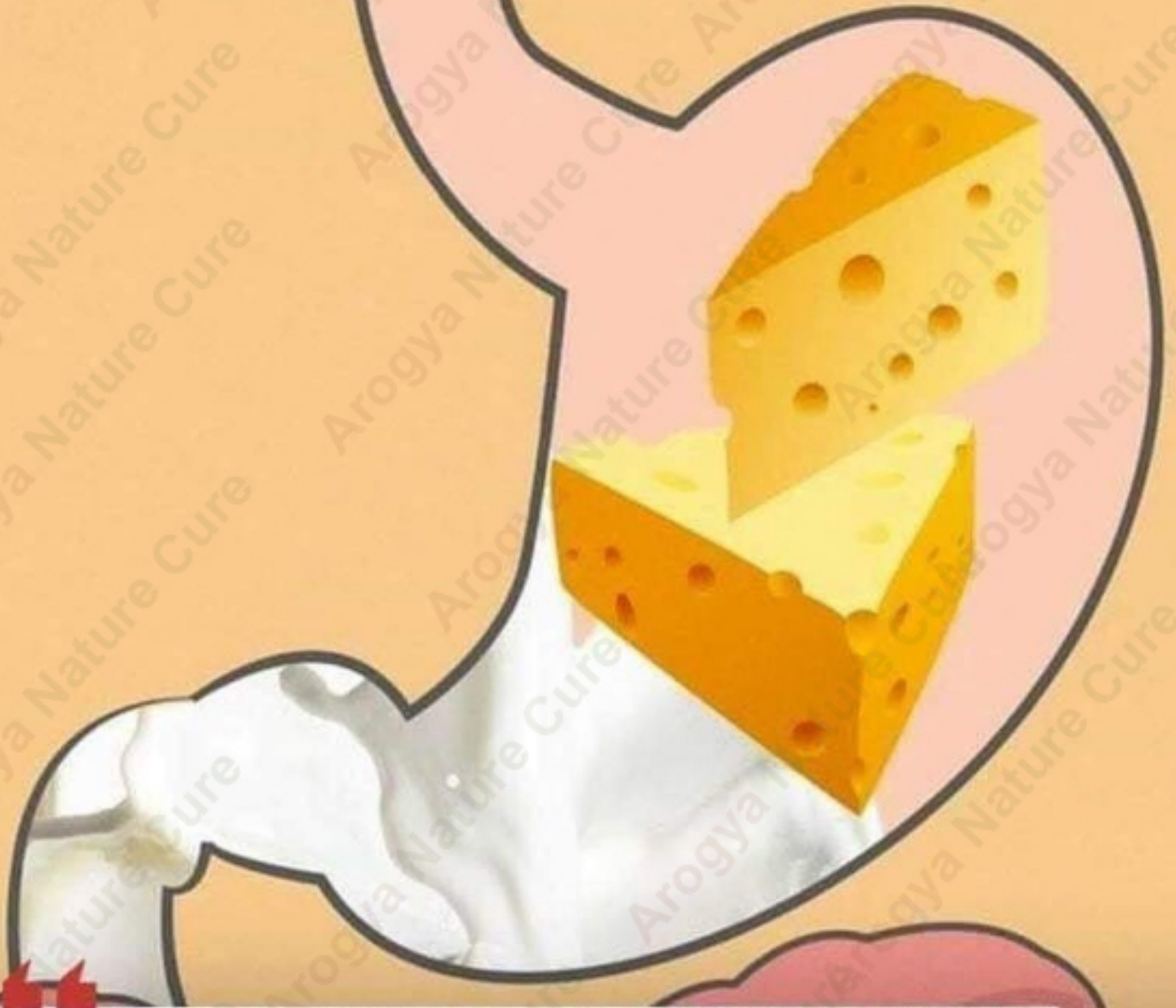
**Cooked Vegetables Takes 40 min.**



**Vegetables Take 30 - 40 min.**



**Fruits and Vegetables**  
**Take 15 - 20 min.**



**Milk Products Take 120 min.**



**Water Takes 0 min.**



**Potato Takes 90 - 120 min.**





**Nuts Take 180 min**



**Arogya Nature Cure**



**Fish Takes 45 - 60 min.**



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**Beef Meat Takes 180 min.**



**Chicken Takes 90 - 120 min.**

# 3 Amazing Juice Recipes For Better Health



## For Improved Heart Health

1. Carrot
2. Oranges
3. Apples
4. Beetroot
5. Kale

## For A Complete Detox

1. Apple
2. Cucumber
3. Kale
4. Lemon
5. Ginger
6. Celery



## For Increased Energy Levels

1. Apple
2. Cucumber
3. Kale
4. Spinach
5. Lemon



# Why You Should Start Your Day With **Lemon Water**

1. Fresh breath
2. Improved digestion
3. Better hydration
4. Boosted energy levels
5. Stronger immune system
6. Prevention of cough and colds
7. Clearer skin
8. Relief from inflammation
9. Regulated pH levels
10. Steady weight loss
11. Sharper brain function
12. Reduced risk of cancer



# Benefits Of Pineapple Juice

- 🍍 Boosts immunity
- 🍍 Aids digestion
- 🍍 Relieves cough and sinusitis
- 🍍 Reduces arthritis pain
- 🍍 Strengthens bones
- 🍍 Reduces period cramps
- 🍍 Lowers the risk of cancer



# Why You Should Eat Fruits Every Day



## **STRAWBERRIES**

Fight aging



## **BANANAS**

Boost your energy



## **CHERRIES**

Calm your nerves



## **GRAPES**

Relax your blood vessels



## **PINEAPPLES**

Relieve arthritis pain



## **BLUEBERRIES**

Strengthen your heart



## **WATERMELONS**

Promote weight loss



## **ORANGES**

Protect your skin  
and vision

## **APPLES**

Help resist infection





# Top Natural Painkillers



**Earache**  
Garlic



**Toothache**  
Cloves



**Heartburn**  
Apple Cider  
Vinegar



**Chronic Pain**  
Turmeric



**Joint Pain**  
Cherries



**Bloating**  
Pineapple



**Sore  
Muscles**  
Peppermint



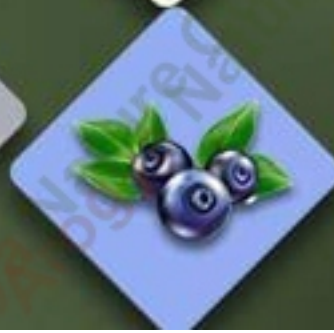
**Sinus Pain**  
Horseradish



**Injury Pain**  
Water



**Urinary Tract  
Infections**  
Blueberries



# Want **GLOWING SKIN?** Eat Your Water!



**Apples**  
84% Water



**Strawberries**  
90% Water



**Watermelons**  
92% Water



**Iceberg Lettuce**  
96% Water



**Oranges**  
87% Water



**Spinach**  
96% Water



**Celery - 95% Water**



**Grapefruit - 91% Water**



**Tomatoes - 93% Water**



**Cucumbers - 96% Water**

# 10 Benefits Of Drinking **LEMON WATER** On An Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss



# Drinking Water From A **COPPER CUP** helps



- Kill bacteria
- Stimulate the brain
- Regulate the functioning of the thyroid gland
- Soothe arthritis pain
- Boost skin health
- Slow down aging
- Improve digestion
- Get rid of anemia
- Lower the risk of cancer and heart disease



# Foods that cleansse the **LIVER**



Grapefruit



Beets



Carrots



Green Tea



Apples



Broccoli



Lemons



Arugula



walnuts



Cabbage



Cauliflower



Avocado



Spinach



Garlic



Turmeric

# Choose The Right Tea For Every Condition



Headache



Cinnamon

Cough



Thyme

Sore Throat



Lemon

Stomach Ache



Chamomile

Fatigue



Peppermint

Insomnia



Passionflower

# Nature's 11 Most Powerful Antibiotics

**Turmeric**



**Ginger**



**Oregano Oil**



**Habanero**



**Onion**



**Horseradish Root**



**Echinacea (Herb)**



**Apple Cider Vinegar**



**Raw Honey**



**Garlic**



**Colloidal Silver**



# Foods That Can Soothe Arthritis Pain

## Turmeric

The curcumin content in turmeric has potent healing properties.



## Ginger

The anti-inflammatory compounds in ginger can effectively relieve arthritis pain.



## Cherries

Cherries contain polyphenols called anthocyanosides that can help treat and reduce pain.



## Pineapples

The bromelain content in pineapples has powerful anti-inflammatory properties.



## Omega-3-Rich Foods

Fish oil, flaxseeds, and chia seeds can help soothe joint pain.



## Raw Apple Cider Vinegar (ACV)

The high acetic content in ACV can negate the effects of inflammation.





# 20 BENEFITS OF WALKING 30 MINUTES A DAY



**01**  
REDUCES RISK  
OF HEART  
DISEASE



**02**  
HELPS TO  
MAINTAIN WEIGHT



**03**  
REDUCES YOUR  
STRESS LEVELS



**04**  
INCREASES YOUR  
ENERGY LEVELS



**05**  
HELPS TO BOOST  
YOUR MOOD



**06**  
GETS THE  
BLOOD  
PUMPING



**07**  
PREVENTS  
OBESITY



**08**  
CAN HELP TO  
REDUCE  
ANXIETY



**09**  
INCREASES  
FUNCTIONING  
OF THE LUNGS



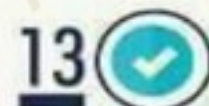
**10**  
INCREASES THE  
BODY'S ACCESS  
TO VITAMIN D



**11**  
REDUCES THE  
RISK OF  
CANCER



**12**  
CAN IMPROVE  
QUALITY OF  
SLEEP



**13**  
GIVES YOU TIME  
TO PRACTICE  
SELF CARE



**14**  
IMPROVES  
COORDINATION  
AND BALANCE



**15**  
IMPROVES  
QUALITY OF  
LIFE



**16**  
REDUCES  
CHANCE OF  
DIABETES



**17**  
WALKING CAN  
SPARK  
CREATIVITY



**18**  
STRENGTHENS  
BONES AND  
MUSCLES



**19**  
CAN IMPROVE  
BLOOD  
PRESSURE



**20**  
CAN HELP TO  
BOOST YOUR  
IMMUNE SYSTEM



## HONEY for COLD



- \* 1 tbsp honey
- \* 1 tbsp lemon juice

## HONEY for DETOX



- \* 1 cup herbal tea
- \* 1-2 tsp honey

## HONEY for SINUS



- \* 2 tbsp - apple cider vinegar
- \* 1 tbsp - honey

## HONEY for WEIGHT LOSS



- \* 1 tsp honey
- \* 1/2 tsp cinnamon

## HONEY for COUGH



- \* Honey-8 tsp
- \* Lemon-4 tsp

## HONEY for TOOTHACHE



- \* 1 tsp cinnamon
- \* 1 tbsp of honey





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